

September *monthly* Newsletter

Monthly Observances

- Suicide Prevention Month
- Hispanic Heritage Month (Sep. 15th - Oct 15th)

This Month at Revive 2 Thrive Wellness center

The Counseling Intern/Student Group will continue to meet this month on the 2nd and 4th Monday of the month.

Introducing our new team members! Visit Page 2 for more info.

Need a Grounding Exercise? Try This!

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste



Autumn Lee,
Counseling Student
On-Site Supervision
Provided by
Kimberly Parker, LPC,
LCDC



Kylie Fyfe,
LPC Associate
Supervised by
Robin Barr, M.Ed.,
LPC-S

Remember! Check our social media pages for more details or information and more content!



@revive2thrivewellnesscenter



Revive to Thrive Wellness Center

New Members!



Autumn Lee

Counseling Student of Texas

Tech University

On-Site Supervision Provided by

Kimberly Parker, LPC, LCDC

Serving the Needs of:

- Adults

Developing Specializations:

- Veterans
- Elderly
- Caregivers
- Anger Management
- Depression
- Life Transitions

Serving the Needs of:

- Adolescents

Specializations:

- School-related issues
- Anxiety
- Depression
- Trauma
- Parenting Skills
- Solution Focused Therapy



Kylie Fyfe

LPC Associate

Supervised by Robin Barr,

M.Ed., LPC-S

Suicide Prevention Month

ASK about Suicide

Ask about suicide

Seek more
information and
keep them safe

Know where and
how to refer

Risk Factors:

- **Social Isolation**
- **Poor parent-child relationship**
- **Neighborhood poverty**
- **Poor behavioral control or impulsiveness**

You can find this information and details about more resources about Suicide Prevention by visiting Texas Suicide Prevention Collaborative website or visiting the SPAM tab on NAMI's website



National **HISPANIC HERITAGE** Month

September 15th – October 15th

Join us in celebrating cultures, achievements,
and histories of Americans who are
descendants of Spanish speaking countries.



Ellen Ochoa

The first Hispanic woman to go to space. She was also the first hispanic director of NASA's Johnson Space Center.



Dr. Martha E. Bernal

The first Hispanic woman to receive a PhD in Psychology in the U.S.



Sonia Sotomayer

The first person of Hispanic descent to serve on the Supreme Court of the United States.